



Holiday Goodness

Organic Produce

ORGANIC BEANS - GREEN
\$2.99 / lb



ORGANIC CABBAGE - RED & GREEN
\$1.49 / lb



GROWN IN ONTARIO



ORGANIC KIWIS | 1 LB
\$4.99 ea



GROWN IN ONTARIO

ORGANIC SQUASH - BUTTERNUT
\$1.29 / lb

ORGANIC APPLE CIDER
\$6.99 ea



GROWN IN ONTARIO



MCLEAN MEATS®
Smoked Turkey Breast Sliced | 150 g

- ✓ No Preservatives Added
- ✓ No Celery Extract Nitrites
- ✓ No Gluten, Dairy, Soy

\$3.99_{ea}



ROCK HARBOUR SEAFOOD
Fresh Haddock Fillet

- ✓ BAP Certified
- ✓ Ethically & Responsibly Sourced
- ✓ Hormone & Antibiotic Free

\$17.69_{/lb}

Flyer Valid December 4 - December 10 2024 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



While Quantities Last



Organic Produce



ORGANIC POTATOES - RED, YELLOW & RUSSET | 3LBS
\$3.99 ea



GROWN IN ONTARIO

ORGANIC CUCUMBER - ENGLISH
\$2.79 ea



ORGANIC SPINACH - BUNCHED
\$2.49 ea



GROWN IN ONTARIO

Everyday Low Prices

ORGANIC GARLIC
\$8.99 / lb



ORGANIC BANANAS
\$1.29/ lb



ORGANIC APPLES - GALA & AMBROSIA | 3 LBS
\$5.99 ea




MCLEAN MEATS®
Org Prosciutto - Sliced | 85 g

- ✓ No Preservatives Added
- ✓ No Celery Extract Nitrites
- ✓ Pork Raised Free to Roam

\$8.99^{ea}



ROCK HARBOUR SEAFOOD
Previously Frozen Haddock

- ✓ BAP Certified
- ✓ Ethically & Responsibly Sourced
- ✓ Hormone & Antibiotic Free

\$16.78^{/lb}

While Quantities Last

Christmas Dinner

\$219.99

**SERVES 8
PEOPLE**

**FREE RUN
&
ANTIBIOTIC
FREE TURKEY**

**100%
ORGANIC
VEGGIES**

**CHOOSE
4 SIDES**

**Includes a
Fresh Baked
Pie**



Scan to Order

**ORDER
BEFORE
DEC 12**

Includes:

Free Run & Antibiotic Free Turkey • Rustic, Vegan, or Gluten Free Pie
• Cranberry Sauce • Gluten Free Gravy

Choose 4 Sides:

Buttery Mashed Potatoes • Sweet Potato Mash • Traditional Bread
Stuffing • No Gluten Quinoa Stuffing • Apple Cider Glazed Carrots •
House Salad • Butternut Squash • No Gluten Macaroni and Cheese

The good kitchen

Good food, made by good people, and mindful of the earth.

Take & Bake **SAVE \$0.50**



Croissants | 6 Pack

Chocolatines | 6 Pack



The good kitchen

Offering healthier meals with a focus on fresh, nutritious ingredients, organically grown fruits & vegetables, and humanely raised meats.

Specialty Diet Options



Try Our New Menu

Bulk Buying Value



10% OFF PRANA
Org Extaze Salted
Cashews | 150 g



10% OFF PRANA
Org Hazelnuts | 250 g



10% OFF PRANA
Org Nirvana Salted
Almonds | 150 g



10% OFF PRANA
Org Samadhi Tamari
Almonds | 150 g



Fresh from the Fridge or Freezer



\$7.49 GOLDEN DAWN
Salted Butter | 454 g



\$7.49 GOLDEN DAWN
Unsalted Butter |
454 g



10% OFF VEGCHEESE
Curds | 220 g



10% OFF VEGCHEESE
Fresh Mozz | 200 g



10% OFF VEGCHEESE
Italian Black Truffle |
200 g



10% OFF MILLBANK
CHEESE
Org Traditional Old
Cheddar | 300 g



10% OFF MILLBANK
CHEESE
Org Swiss Cheese |
300 g



\$7.49 NATURE PLUS
EGGS
Free Roaming Omega
3 Large | 12 Count



\$8.49 NATURE PLUS
EGGS
Pasture Raised Brown
XL Eggs | 12 Count

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

LEVEL GROUND TRADING LTD.
Peru, Medium & Smooth - Ground | 300 g



20% OFF

On Sale For \$12.79
Save \$3.20

DANDIES
Marshmallows | 283 g



20% OFF

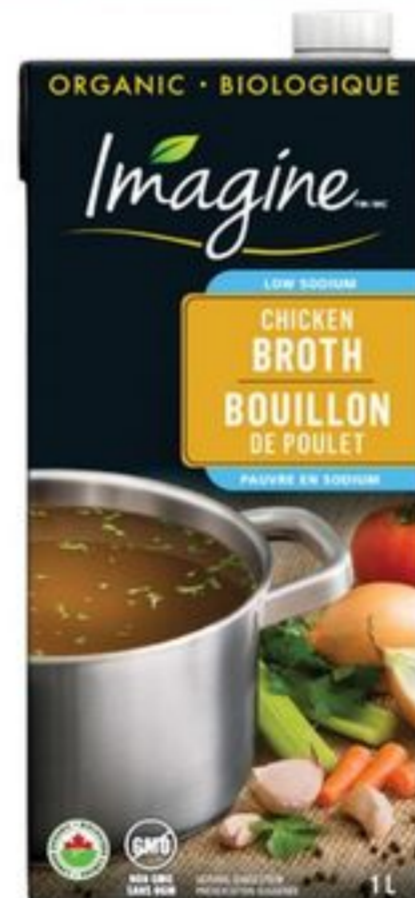
On Sale For \$5.59
Save \$1.40



AMINO SNACKS
Amino Balls Nut-Free
Choc Chip | 40 g

15% OFF

On Sale For \$3.82
Save \$0.67



IMAGINE FOODS
Organic L/S Chicken
Broth | 1 L

10% OFF

On Sale For \$5.21
Save \$0.58



ITALIAN VOLCANO
Italian Volcano Lemon
Juice | 1 L

10% OFF

On Sale For \$10.79
Save \$1.20



MANITOBA HARVEST
Organic Hemp Hearts
| 340 g

10% OFF

On Sale For \$14.39
Save \$1.60



ORGANIC TRADITIONS
Latte - Matcha With
Probiotics | 150 g

15% OFF

On Sale For \$15.29
Save \$2.70



RISE KOMBUCHA
Peach & Mango | 1 L

10% OFF

On Sale For \$9.89
Save \$1.10



BLACK RIVER
Tart Cherry Juice
From Conc | 1 L

10% OFF

On Sale For \$8.99
Save \$1.00



SIMPLY 7
Kale Chips Sea Salt |
99 g

10% OFF

On Sale For \$4.76
Save \$0.53

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

GUSTA

Pizzaroni | 200 g



20% OFF

On Sale For \$4.79
Save \$1.20

STELLAS

Onion & Garlic Perogy | 520 g



10% OFF

On Sale For \$11.69
Save \$1.30

THE OAT COMPANY

Peanut Butter Cup Bar | 55 g



10% OFF

On Sale For \$2.96
Save \$0.33

FARMER'S MARKET

Org Pumpkin Puree | 398 mL



10% OFF

On Sale For \$5.39
Save \$0.60

SUNNY BOY

Org. Unbleached All Purpose Fl | 1.8 kg



10% OFF

On Sale For \$15.29
Save \$1.70

VIECHI

Soy Salmon With Wild Rice | 275 g



10% OFF

On Sale For \$9.89
Save \$1.10

WHOLESOME SWEETENERS

Coconut Palm Sugar | 454 g



15% OFF

On Sale For \$8.32
Save \$1.47

MARY'S ORGANIC

Original Crackers | 184 g



15% OFF

On Sale For \$7.64
Save \$1.35

BUBBIES

Kosher Dill Pickles | 1 L



10% OFF

On Sale For \$12.59
Save \$1.40

CANADIAN HERITAGE ORGANICS

Grade A Very Dark Maple Syrup | 1 L



10% OFF

On Sale For \$31.49
Save \$3.50

CHOSEN FOODS

100% Pure Avocado Oil | 750 mL



10% OFF

On Sale For \$20.69
Save \$2.30

DUMET

Black Hojiblanca Pitted Olives | 150 g



10% OFF

On Sale For \$4.49
Save \$0.50

ENDANGERED SPECIES CHOCOLATE

Dark Chocolate Bar w/Sea St&Almd | 85 g



10% OFF

On Sale For \$4.76
Save \$0.53

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

THREE FARMERS

Roasted Chickpeas - Salt & Lime | 120 g



20% OFF

On Sale For \$3.99
Save \$1.00

STUSH

Beef Patties | 115 g



20% OFF

On Sale For \$3.83
Save \$0.96

SKINNY POP

Original Popcorn | 125 g



15% OFF

On Sale For \$4.67
Save \$0.82

MARY'S ORGANIC

Kookies - Graham Style Honey | 142 g



15% OFF

On Sale For \$6.62
Save \$1.17

PULP & PRESS

Rinse & Rebeet | 355 mL



15% OFF

On Sale For \$5.94
Save \$1.05

HENRY'S TEMPEH

Original Tempeh | 250 g



15% OFF

On Sale For \$5.94
Save \$1.05

While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

NATURAL FACTORS Selected Minerals



10% OFF

NEW ROOTS HERBAL All Probiotics



10% OFF

ATP Entire Line



10% OFF

NAKA PLATINUM Selected Supplements



15% OFF

While Quantities Last

Super Supplements

Herbs & Supplements
to support your
everyday health



SIERRASIL
Joint Formula | 180
CAPS

10% OFF



KI
Entire Line

10% OFF

ERGOGENICS NUTRITION
Entire Line



10% OFF



ENEREX
Selected Supplements

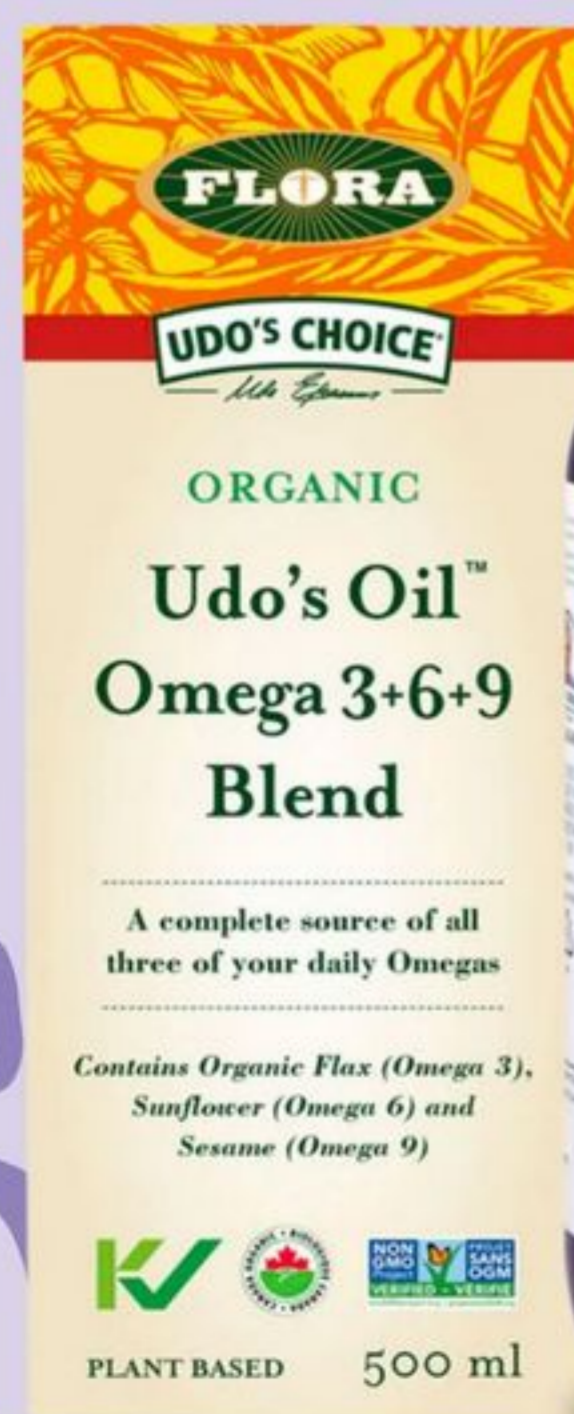
10% OFF



NUTRAMELTZ
Entire Line

10% OFF

UDO'S CHOICE
Plant Based Oils



10% OFF



SUBI FOODS INC.
Subi Super Juice |
264 g

10% OFF



GANDALF SPIRULINA
Organic Spirulina |
150 g

10% OFF



ECOIDEAS
Organic Moringa |
227 g

10% OFF



ALPHA HEALTH
Organic Flax Seed Oil
| 500 mL

10% OFF

While Quantities Last

Home, Life AND Clean Beauty

MORE THAN LIPS

Vegan Lip Balm - Minty Fresh | 9 mL



20% OFF

On Sale For \$7.99
Save \$2.00

LEMON AIDE

Lemon Multi Surface Cleaner | 750 mL



20% OFF

On Sale For \$7.99
Save \$2.00



EVERY MAN JACK

Beard Oil - Sandalwood | 30 mL

20% OFF

On Sale For \$13.59
Save \$3.40



ROUTINE

Johnny's Cash Body Cream | 350 mL

20% OFF

On Sale For \$26.39
Save \$6.60



ECO-PIONEER

Pure Soap Flakes | 1.25 kg

20% OFF

On Sale For \$18.39
Save \$4.60



LAST OBJECT

LastLaundry Bag Large | Each

10% OFF

On Sale For \$9.89
Save \$1.10

Don't Miss
A Week!



JUSU

Face Night Oil - Hydration | 30 mL

15% OFF

On Sale For \$42.49
Save \$7.50



REDMOND TRADING CO.

Earthpaste - Peppermint | 113 g

20% OFF

On Sale For \$10.39
Save \$2.60



URBAN SPA

Moisturizing Gloves | 1PKG

15% OFF

On Sale For \$9.34
Save \$1.65

While Quantities Last

Who We Are:

Food is not just about satisfying our hunger; it holds the power to nourish our bodies, uplift our spirits, and bring people together in a shared experience of joy and connection.

The impact of food plays a vital role in our overall health and well-being. By understanding the nutritional value of different foods and making mindful choices, we can fuel our bodies with the energy and nutrients they need to thrive.

Exploring the power of food involves recognizing the diverse array of ingredients available to us and learning how they can support our health goals.

From colorful fruits and vegetables packed with vitamins and antioxidants to whole grains and lean

proteins that provide essential nutrients, each food group offers unique benefits. By incorporating a variety of foods into our diet and experimenting with new recipes, we can create delicious and nutritious meals that nourish both our bodies and our souls.

Embracing the power of food also means being mindful of how our food choices impact the environment and our communities. By supporting local farmers, choosing sustainably sourced ingredients, and minimizing food waste, we can contribute to a more sustainable food system that benefits both present and future generations. Through education, exploration, and a spirit of curiosity, we can unlock the full potential of food as a source of health, happiness, and unity.

9 Locations in Ontario

Hamilton Mountain
1000 Upper Gage Ave.

Hamilton West
176 Locke St. S.

Burlington
2300 Fairview St.

Waterdown
74 Hamilton St. N.

Brantford
605 West St.

Guelph
36 Wellington St. W.

Waterloo
668 Erb St. W

London
1735 Richmond St.

Barrie
79 Park Place Blvd.



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Canadian Business

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